



Refreshing Our Amusements

by Trudy Toll

*Adult Services Librarian at the
Hayward Public Library*

In these times of tough financial realities, we are always on the look-out for cheap amusements. Watching films is one of my favorites. Films can be free or inexpensive. Film viewing can be done alone, in twos, with a family or with a whole group of people. Different generations can enjoy the same film. There is such a wealth of films out there to see and explore!

For years many people used films as almost an illustrated dictionary of life in all its facets, emotions and types. They felt that speaking of a film was speaking a common known language.

For example, greed and arrogance were personified in Charles Foster Kane in *Citizen Kane* to so many people. Ricky in *Casablanca* represented friendship and underground courage. Passion in war (along with a stand-up, drop-dead handsome model of a manly man) came to life in Clark Gable's portrayal of Rhett Butler in *Gone with the Wind*. The winning traits of the American democratic process were demonstrated by Jimmy Stewart in *Mr. Smith goes to Washington*. Jimmy Stewart was seen as every good man in *It's a Wonderful Life*. Katherine Hepburn and Cary Grant in *Philadelphia Story*, *Holiday Inn*, and *Bringing Up Baby*, were por-



trayed as the fun, mad-cap, intelligent younger generation who would be ok once they grew up a bit and fit in. *Lawrence of Arabia* showed Peter O'Toole as the epitome of an imperialist who was doing the right thing. *The Grapes of Wrath* showed the dust bowl diaspora in a digestible form. *On the Waterfront* showed the dangers of corrupt unions. *Bridge over the River Kwai* and *The Great Escape* depicted the heroism of American and British soldiers had been in the war - they were above corruption, they were clever and they stayed alert for opportunities. Actors like Fred Astaire and Ginger Rogers offered a world of glamour and style.

All these characterizations in film stood for something to many Americans. We used the movies as a way to see the world when

we were not able to physically travel. It was a way to experience, for a couple of hours, a life different from our ordinary everyday world.

Many women found strength watching Rosalind Russell in *His Girl Friday* and Katharine Hepburn in *Desk Set*. These actresses made it ok to be smart and strong, to be independent. I speak as one librarian who early on saw role models of women who could know a lot, work (continued on Page 3)

UPCOMING Refresh Your Life EVENTS:

Good Enough for Film

A Literary Movie Series

Wed., June 3 @ 6:00pm

The Devil wears Prada with Glenn Close.

Flexibility

Sat., June 13 @ 11:00am

Frances Sedayao will speak on the importance of flexibility is and how to become more flexible with exercise.

Jan Wahl, Our Favorite Film Critic

Sat., June 20 @ 12:00noon -2:00pm

Ms Wahl will show some movie clips and talk about movies.

Finding Work over 40

Mon., June 22 5:00-7:45pm

A representative from Eden Area One Stop Center talks about finding work over 40 & gives an overview of the center's services.

SARK:

"Juicy Pens, Thirsty Paper"

Sat., July 25 12:30-4:30pm

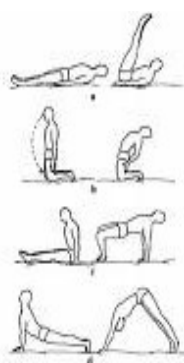
A creative writing session like no other with bestselling creative author SARK — one sure way to Refresh your Life



Refresh Your Health *Flexibility*

Frances Sedayao will present a workshop on the importance of being flexible. This helps keep one's muscles strong to prevent falls and helps with circulation and other major body functions. Flexibility is achieved over the course of time by exercising and stretching. There is no better day to start than today. Ms. Sedayao teaches Pilates, yoga and other exercise classes in the Kinesiology Department at CSU East Bay.

**Ms. Sedayao's flexibility workshop will be at the Main Library
Saturday June 13, 2009
11:00am—1:00pm**



Join us online at our
Refresh Your Life

Blog at

<http://www.hayward-ca.gov/refreshyourlife/>

Here are some recent blog topics:

Noticing When You're Happy

Staying True to Your Goals

Coaching to Stay on Track

Start Doing!

To start writing today

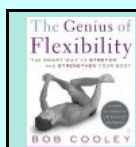
This week's Quiz

Getting everything on your list done.

The start of a new week and a New Brain Teaser

Book Groups

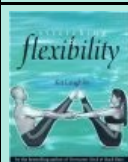
Check Out These Books & Videos on Flexibility



Genius of Flexibility : the Smart Way to Stretch and Strengthen Your Body
by Bob Cooley



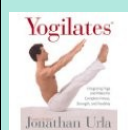
Keeping fit in your 50s. Flexibility : workout essentials for a changing body [DVD]



Stretching and Flexibility
by Kit Laughlin



The Way of Stretching
by Anne Kent Rush



Yogilates : integrating yoga and Pilates for complete fitness, strength, and flexibility
by Jonathan Urla

Request books
& more
online at
www.library.hayward-ca.gov



Refreshing Our Amusements

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well with others who were equally capable, and basically have fun doing their job which was helping others find information. Betty Grable, Grace Kelly, Greta Garbo, Ingrid Bergman, Audrey Hepburn, Debbie Reynolds, Lauren Bacall, and Hedy Lamarr were all women that women not only wanted to mimic but who also represented womanhood in one form or another to many in their generation.

Favorite actors, such as John Wayne, served as male role models. Many men modeled themselves on him in all of his various genres and throughout his long working career. Jimmy Stewart was often cast as an ordinary man in an extraordinary situation which gave people hope for their own lives. Bing Crosby's Father O'Malley character gave people inspiration with a light-hearted look at the world through the eyes of a young priest.

Although the Golden Age of Hollywood ended with the advent of television, movies continue to have the power to impact our lives. Movies can still have us howling

with laughter or bring us to tears. We still get angry at the villains and sympathize with the heroes. And, if the movie is effective, we carry a piece of it with us when we return our attention to our own lives.

There are so many different ways to get films to watch. Your public library has scads of films to borrow in both video and DVD format. There are Hollywood Video, Blockbuster, and other video stores, and Netflix where you order the films on DVD online and they are sent to your house for you to view.

One of the on-going programs at the Hayward Public Library is a film series based on movies that come from books. It is called Good Enough for Film – A Literary Movie Series. June's selection is *The Devil Wears Prada* with Glenn Close. Do join us for this great series on Wednesday, June 3 at 6:00pm at the Main Library.

And, of course, our favorite movie critic, Jan Wahl, is coming to the Hayward Library on June 20 at noon to discuss movies. She'll show some film clips and help us to celebrate "...movies



**REDUCE STRESS
EVERY MONTH**
with Yoga at the
Hayward
Public Library
Saturdays 3-5pm

Laughter Yoga
June 6
July 18

Breath Yoga
June 13
July 11



Good Enough for Film:
The Devil Wears Prada
Wednesday, June 3rd
6:00 p.m., Main Library

that star adults who are fun, poignant, sexy, or fascinating to watch."

One of the beauties of films is that you can rediscover them, come at them with fresh eyes, laugh anew or cry afresh with them. They continue to fascinate and entertain. Today, we have more selection than we ever had before. That means we can tailor our viewing to our needs and desires. In short, we can give ourselves whatever we need in our cinematic therapy to

REFRESH OUR LIVES.



Our favorite movie critic, **Jan Wahl**, is coming to the
Hayward Public Library on Saturday, June 20, 2009
12:00 — 2:00pm

Jan Wahl will show movie clips, talk about movies, the stars who populated them, what they mean to us, and how they influence us. She will also discuss books which were made into great films (and the inverse; books which were made into terrible films). This **Refresh Your Life** program is free, and everyone is welcome.

Call (510)881-7974 for more information.



SARK

Juicy Pens,

Thirsty Paper

This is a fun interactive workshop especially for creative writers and journal keepers over forty. You will leave with a customized guidebook to use throughout the year to keep your creativity flowing.

**Sat., July 25,
12:30—4:30pm**



Finding Work after 40

A workshop presented by Eden Area
Multiservice Center

Main Library

Mon., June 22, 5:00–7:45pm

The Center provides FREE employment services to job-seekers and employers. They're one of 14 one-stop career centers throughout Alameda and Contra Costa counties, funded by the Department of Labor and the State of California to provide employment services to job-seekers and employers. They serve the cities of Castro Valley, Hayward, San Leandro and San Lorenzo. Visit the website of their parent agency, *EASTBAY Works*, to locate or post job openings, search for or post resumes.

Eden Area

Multiservice Center

24100 Amador Street, 3rd Fl.

Hayward, CA 94544

Phone (510) 670-5700

Fax (510) 265-8304

Monday through Thursday 8:30 am to 5:00 pm

Wednesday 8:30 am to 7:00 pm

Friday 8:30 to Noon

Mystery Book group - Hayward Main Library

6:30PM - 1st Tuesday of the month

June 2 : *My Brother Michael* by Mary Stewart

Autobiography - Memoir Discussion Group

Hayward Main Library — Upstairs meeting room

6:30PM - third Wednesday of the month

June 17 : *Infidel* by Ayaan Hirsi Ali

"Mostly Literary" Fiction Discussion Group

Hayward Main Library

6:30PM - second Monday of the month

June 8: *Perfect Man* by Naeem Mur

Globetrotters Book Club - NEW

Weekes Branch Library—Pappas Legacy Room

6:30PM - last Tuesday of the month

June 30: *Mistress of Spices* by Chitra Banerjee Divakaruni

HAYWARD PUBLIC LIBRARY

Phone: 510-881-7980

E-mail: library@hayward-ca.gov

Main Library
835 C Street
Hayward, CA 94541

Weekes Branch Library
27300 Patrick Avenue
Hayward, CA 94544

Visit us on the Web @
www.library.hayward-ca.gov

Check out our electronic newsletter @
<http://tinyurl.com/541xj8>
and our

Refresh Your Life Blog @

<http://www.hayward-ca.gov/refreshyourlife/>
Come and join the fun online.

See our entire **Events calendar** online at the library's website

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